








# JANUARY 2024

**make  
kindness  
the norm.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																																																
	 <p>1 Create a gratitude jar and fill it with things you are grateful for all month.</p>	 <p>2 Wake up early to appreciate the sunrise.</p>	<p>3 Start a healthy routine at work such as a daily walk. Invite your coworkers.</p>	 <p>4 Participate in a coat drive and put encouraging notes in the coat pockets.</p>	<p>5 Offer free hot chocolate and/or hand warmers to those working in the cold.</p>	<p>6 Take a friend or family member on a spontaneous adventure.</p>																																																																																																																
<p>7 Paint some rocks vibrant colors with positive/inspiring messages and place throughout your community.</p>	 <p>8 Treat yourself to a bubble bath surrounded by candles and relaxing music.</p>	<p>9 Listen to a guided meditation.</p>	 <p>10 Replace your light bulbs with energy efficient ones and hand out a few for friends to use.</p>	<p>11 Sell old items online (Ebay, for example) and donate the profits to a good cause.</p>	<p>12 Resolve to be less judgmental in your day-to-day life.</p>	<p>13 Make a list of goals to accomplish this new year that will help make your dreams come true.</p>																																																																																																																
<p>14 Kick off the new year with a fresh start by organizing and cleaning your home today.</p>	<p>15 Purchase groceries for the person in front of you on the express line.</p>	<p>16 Spend time with your family or friends playing board games, sharing laughs, and creating memories.</p>	<p>17 Self-reflect about how you can be a person of Integrity.</p>	<p>18 Make an appointment for an annual checkup with your doctor and dentist.</p>	 <p>19 Invite some close friends over for a popcorn and movie night.</p>	<p>20 Create a care bag for an unhoused person with some gloves, scarf, treats, hygiene products, and a gift card.</p>																																																																																																																
<p>21 Plan one big new adventure this year: go skydiving, swim with the dolphins, etc.</p>	<p>22 Get Involved! Sign up to join a community-related cause.</p>	<p>23 Plan a brunch with all your best friends.</p>	<p>24 Call a friend or relative and make them laugh out loud.</p>	<p>25 Go outside your comfort zone today.</p>	<p>26 Plan a spontaneous date with your partner doing things you both love.</p>	<p>27 Expand your mind. Sign up for a free class or workshop to learn something new.</p>																																																																																																																
<p>28 Tap into your creative side! Write, paint, sing, or dance.</p>	 <p>29 Host a pizza lunch party at work and invite all your coworkers.</p>	<p>30 Do something that fills you with joy today.</p>	<p>31 Empty and read the gratitude jar you have created throughout the month.</p>	<table border="1"> <thead> <tr> <th colspan="7">DECEMBER 2023</th> <th colspan="7">FEBRUARY</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td> <td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>1</td><td>2</td> </tr> <tr> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> </tbody> </table>			DECEMBER 2023							FEBRUARY							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	26	27	28	29	30	1	2	28	29	30	31	1	2	3	3	4	5	6	7	8	9	4	5	6	7	8	9	10	10	11	12	13	14	15	16	11	12	13	14	15	16	17	17	18	19	20	21	22	23	18	19	20	21	22	23	24	24	25	26	27	28	29	30	25	26	27	28	29	1	2	31	1	2	3	4	5	6	3	4	5	6	7	8	9
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